MEANS

OF

PROVIDING CHEAP FOOD.

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1846.

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Provision Shops.

I would urge in the strongest manner upon all Landlords, for their own sakes, the wisdom and prudence of having as many shops as possible opened,—so as to enable the Labourers to purchase food near their Homes or Works.

The principle of a *quick return* and small profit, with cash dealings, should be insured by a sufficient competition every where.

Three Half-pence per stone, on one ton of meal, is a pound per ton, gain.

Not only meal but every other article suited for food should be provided at these shops.

Fifty Pounds would be quite a sufficient capital to set up such a shop, which could be had from any of the banks on bill, the interest to be a charge against profit, until the shop-keeper could realise the requisite capital.

One and a half ton of meal, turned in each week, would gain, (at three half-pence per stone profit,) *Seventy-eight pounds a year*, which in itself would pay a person for his time in keeping such a shop.

The stock to consist of—meal of each kind, a proportion; American pork and cheese; patent cocoa; chillies (for seasoning instead of pepper); split peas; rice; Scotch barley; and coarse sugar.

Receipts for making a variety of broths, cocoa, &c., should be hung up in each shop, and distributed.

Green grocers' shops are strongly recommended.

For turnips, One Pound per ton is a remunerative price, and Two Pounds for carrots or parsnips. Cabbages, onions, &c., add much not only to the substance, but also to the wholesome quality of the mess.

Peas form a most strengthening Soup, so much so, that the Troops on rations upon pork days, generally dine off the Soup alone, and keep the pork to eat cold at future meals, and thus often acquire a ticket (for cash) instead of drawing a beef ration.

I have been creditably assured that forty years ago the general food of the people in the barony of Lower Ormond, was peas bread, containing a small mixture of wheat.

Rye and wheat, (meslin,) make a palatable bread.

Three-farthings' worth of cheese, (two ounces at six pence per lb.,) will not only make dry bread palatable, but will also give more muscular strength than eight ounces of bread.

To keep my labourers out of debt, I am now getting barley ground, which I hope to have for 1*s.* 6*d.* or 1*s.* 8*d.* a stone *; this, with a little oatmeal and cookery, will keep them as well as the Indian Corn Meal.—*Extracts from Letter of the Chairman of a Relief Committee, Co. Tipperary.*

Soups.

Among the variety of schemes suggested for "Bettering the Condition of the Poor," a more useful or extensive charity cannot be devised, than that of instructing them in Economical Cookery :—it is one of the most important objects to which the attention of any real well-wisher to the public interest can possibly be directed.

The best and cheapest method of making a nourishing Soup, is least known to those who have most need of it.

Distributing Soup does not answer half so well as teaching people how to make it, and improve their comfort at home. The time lost in waiting at the Soup-house is seldom less than three hours; in which time, by any industrious occupation, however poorly paid, they could earn more money than the quart of Soup is worth.—*Dr. Kitchiner.*

The ingredients of all soups and stews should be mixed in cold water, and gradually heated. Peas should be soaked in cold water at least two hours before being used. Soup, in which they are used, must be made with *soft* water, as they will not mix with *hard* water, unless a small lump of soda is put into it. Barley, rice, or oatmeal, should be used in preference to peas. When rice is used, it should always be added when the soup boils.

Ox-Cheek Soup. †

After the ox-cheek is nicely washed and cleaned, all the ingredients are mixed and stewed together for six hours; then the cheek is taken out, and the best parts of the meat being cut off the bone, the latter, with the gristle, is put back into the soup, which is stewed another six hours; meanwhile, the meat is cut up into small pieces and put into the soup about ten minutes before it is taken from the fire; the bones are then

* In feeding a pig, one pound of barley meal will do as much as a stone of potatoes.

† We are told that the solid meat of the ox cheek, without the bone, may be purchased at 1½*d.* or 2*d.* per lb. In this receipt, however, allowance is made for the due proportion of meat and bone; if there be little or no bone, 3lbs. will be sufficient.

removed. Three or four times stirring the ingredients during the whole time will be sufficient.

	s.	d.
4lbs. of ox-cheek,	0	6
Half a pound of rice,	0	1½
Half a pint of oatmeal,	0	1¼
Onions, salt, and pepper as before,	0	1
12 pints of water,	0	0
Produce 10 pints of good thick soup for	0	9¾

A Gallon of Broth for a Groat.

Put four ounces of Scotch barley, (previously washed in cold water,) and four ounces of sliced onions, into five quarts of water;—boil gently for one hour, and pour it into a pan;—then put into a saucepan two or three ounces of fat bacon, minced; when the bacon is heated, stir in four ounces of oatmeal; rub these together well, and if this be properly managed, the whole of the fat will combine with the barley broth, and none appear on the surface; now add the barley broth, at first a spoonful at a time, then the rest by degrees, stirring it well together till it boils. Put a drachm and a half of ground black pepper into a tea cup, and mix it up with a little of the Soup, then pour it into the rest; stir all thoroughly together, let it simmer gently a quarter of an hour, season it with salt, and it is ready.

Excellent *Fish Soups* may be made with a cod's skull—or skate—or flounders, &c., boiled in no more water than will just cover them,—and the liquor thickened with oatmeal, &c.—*Dr. Kitchiner.*

Peas Soup.

Take a pint of split peas, soak them in cold soft water two hours, and soak half-a-pound of bacon for the same time in another pan, drain off the water which the peas do not soak up, and boil them in four quarts of water, with onions, celery, or any other vegetable, for about three hours, stirring the peas every quarter of an hour to keep them from the bottom, till they are quite soft: do not add salt, or the peas will not become soft; thicken with two or three spoonsful of Indian Meal. Put in the bacon now, and let all boil gently for another hour, or until the bacon is done.

A Cheap Broth.

Four ounces of fat bacon with two pounds of oatmeal, and plenty of turnips, carrots, and leeks, put down with two gallons of water, (observing Dr. Kitchiner's directions for combining the fat and meal, already given,) and boiling very

slowly, will make six quarts of nutritious Broth, which with any kind of stale or hard bread, will give dinner to six people at one penny each.

To make Fourteen Gallons of Cheap Soup.

Wheat, half a stone, boiled very long, from the night before, to have it ready by twelve o'clock dinner hour; oatmeal, one third of a stone, steeped an hour, and boiled to about four pounds; meat, cut small, and boiled from eight in the morning.

A hock-bone of bacon, or a roast meat bone, or a pickled herring, are sometimes added to peas-soup; but nothing salt should be put into the soup till the peas are quite tender; nor should you use a drop of hard water for peas-soup, or peas-pudding, as peas will never unite with hard water.

1 large head of cabbage,
3 or 4 leeks,
6 carrots,
Salt and pepper, or chillies.

Cost:

	s.	*d.*
Wheat, . .	0	11
Meal, . .	1	0
Meat, . .	1	0
Labour, . .	0	4
Vegetables, &c., .	0	3
	3	6

Soups without Meat.

	s.	*d.*
Bones may be bought of the butchers at a very low rate. Choose those perfectly sweet and clean. A sufficient quantity may be obtained for	0	$1\frac{1}{2}$
2 pints of peas, ...	0	6
1 large carrot and 1 onion, ...	0	1
1 table-spoonful of bruised celery-seed, 2 table-spoonsful of salt, and 1 of pepper, ...	0	1
10 quarts of water, ...	0	0
To produce 12 pints of excellent soup for . .	0	$9\frac{1}{2}$

The whole of the ingredients are put together and stewed for ten hours; during the first six, no attention need be paid to the simmering contents of the pot; at the end of that time, the cover may be lifted, and the spoon used in stirring; this should be repeated two or three times before the soup is done. At the end of ten hours, take out the bones, and it will be

ready. If preferred thicker, the quantity of peas may be increased.

	s.	d.
Half a pint of Scotch barley,	0	1½
Half a pint of oatmeal,	0	1¼
2 oz. of dripping, or melted suet, 2 onions, 1 table-spoonful of celery-seed, 1 of salt, 1 tea-spoonful of pepper,	0	1½
5 quarts of water,	0	0
To produce 8 pints of soup for	0	4¼

Put half a pint of peas into three quarts of cold water, and when it boils, take one head of celery, two turnips, one carrot, and two onions, cut up and fried in two ounces of dripping; add these to the peas, and boil two hours; pepper and salt to flavour. Instead of peas, it can be thickened with oatmeal. When oatmeal is used, put the vegetables into boiling water; and as soon as they are done, take three table-spoonsful of oatmeal, mix it in a litle cold water, and add it to the soup. Cost, 4*d.*

Pan Kail.

	s.	d.
Half a pint of oatmeal,	0	1¼
3 large cabbages, or a proportionate number of smaller ones,	0	2
2 oz. of butter and salt,	0	1½
2 quarts of water,	0	0
	0	4¾

Mince the cabbages very small, and boil them in the water; when tender, thicken with the oatmeal, and add the butter and salt; it should be thick pottage.

	d.
A red herring, or four ounces of lean bacon, cut in pieces,	1½
Three onions, a few peppercorns, thyme, and parsley,	0½
Boiled in three pints of water, three-quarters of an hour, with one pound of clean picked whole rice,	4—total, 6*d.*

Let it boil exactly three minutes; then let the pot stand by the side of the fire: the rice will swell, take up all the water, and become quite soft. If properly done, it will weigh nearly five pounds, and will completely dine five men, as it frequently did in the year of scarcity, 1800. If the rice is not sufficiently soft, add a little more water as it stands by the fire.

Another Peas-Soup.

To three quarts of boiling water add a pint of peas, and let them boil till tender, then mash them together so as to form a paste, and put them back into the water along with a quantity of carrots, turnips, celery if you have any, all cut into dice, with some sliced onions. After this, let the soup simmer gently for a couple of hours; and if too thin, thicken it with a handful of oatmeal; season it with pepper and salt and a little dried mint, and it will serve for a family of four during two days. Split peas are commonly used, yet whole peas (if "boilers") are not only quite as good, but cheaper. The cost will be at the most 3*d.*; or, if oatmeal be used, a pint will be sufficient, the usual price being only 2*d.*; but pea-soup is the more preferable of the two. The peas should, however, be always left to soak during the night, and the next day made into soup with soft water; for if hard water be used, the peas will not become tender, or mix into that smooth consistence which is necessary to make it good. If soft water cannot be had, a small piece of soda put into the water will have the effect.

Vegetable Soup.

Take the heart of a cabbage, or some cabbage sprouts, or spinach, two or three turnips and carrots cut small, and a little bruised celery seed, if you cannot get it in the root, and boil them in about three pints or two quarts of water for an hour. When done enough, slice three good-sized onions and fry them till well browned; put them into the soup with some crusts of bread, and let the whole boil together for a quarter of an hour.

To make a Breakfast of Indian Meal.

For each person, young and old, in the family, take a quarter of a pound of meal. Before going to bed at night pour as much cold water upon it as will soak it. In the morning boil a quart of water in a pan, and when it is boiling put into it the meal which you have previously soaked; keep it boiling for half an hour, stirring it occasionally. Cooked in this manner, one pound of meal will make a good breakfast for four persons. When treacle can be had one table spoonful will flavour this quantity.

Directions for using Indian Corn without grinding.

As it appears that, in certain Districts and situations in Ireland, there exists a great difficulty in grinding the Indian Corn into meal, and preparing it for the stirabout, it is proper to acquaint the public that the process of grinding is not necessary to prepare it for food.

The Indian Corn has a thin husk or skin that covers the grain; and it is only necessary that this skin should be broken, so that the water in cooking it may penetrate into the grain.

It should be soaked over-night in warm water, changed in the morning to clean cold water, and boiled gently an hour and a half. It is eaten with milk, with broth, with molasses, with sugar, with salt, with any relish of salt meat or fish, but it is as frequently eaten and preferred alone; and when it is well thickened and the grain soft, it makes a more solid breakfast than when ground and made into stirabout.

This form of preparation is called Hominy.

If there should be no convenience at hand to break it, the same result may be obtained by soaking it in hot water, as described, all night, but it will require to be boiled, the next morning, for a longer period, usually for three hours, until the grain is thoroughly softened.

The American Hominy is sometimes made of Indian Corn and Beans; and it is pounded together; and in that shape requires nearly half a day to cook it; but it can be warmed over when cold.

It is an article of luxury for the rich, and a wholesome, durable, and a most desirable article of food for the poor.

Men will endure more, work longer, and enjoy better health on this food, than on any other that can be purchased for the same money.

It is far preferable to Corn Meal, goes further, and is cheaper.

It is excellent in all disorders arising from bad digestion.

A working man who lives on this preparation does not require the use of animal food.

Those who prefer the stirabout made from the Indian corn *meal*, should also be informed that it is not less palatable or nutritious when eaten cold, and is, like hominy, in that shape, a great convenience to the workman in the field. If it should be preferred hot, it can be cut in slices and heated on the griddle.

The following is the best recipè for making light and palatable Indian corn bread:—Take 4 cwt. of Indian corn meal and 1 cwt. of strong wheat flour, and mix them together; then add the yeast or barm and allow the usual time for fermenting; after which the dough can be made into loaves or cakes as required, and baked in the same manner as bakers' bread.

The above proportions of 4 to 1, answer the purpose best.

If it is a small baking, soda may be used in lieu of yeast, when the latter cannot be obtained.

Half an ounce of soda is sufficient for a stone of Indian Corn Meal, and less for the same quantity of flour, but it should be used with buttermilk, as it requires an acid with it to act.

Soda is very good for two or three stone of meal or flour, but for larger quantities yeast should be used.

Use of Rice.

Extract from an Account of the Benefit of the Use of Rice—By the Matron of the Foundling.

During the scarcity of wheat in July, 1795, one of the measures adopted at the Foundling Hospital, with a view of lessening the consumption of flour, was the substitution of rice puddings for those of flour, which by the table of diet were used for the children's dinner twice a week. The flour puddings, for each day, had taken about 168lbs. weight of flour; the rice puddings, substituted in their place, required only 21lbs. of rice to make the same quantity of pudding; the result of the experiment being, that in a baked pudding made with milk, 1lb. of rice will go very nearly as far as 8lbs. of flour.

The use of the puddings has ever since been continued in the hospital, with this variation, that the quantity of rice has been increased to 24lbs. weight for each day's dinner; and it now continues the substitute for nearly 168lbs. of flour before used; the ingredients in the rice pudding at present being 24lbs. of rice, 6lbs. of treacle, and 18 gallons of milk; and the produce, upon an average, 180lbs.* of good substantial pudding; a very sufficient dinner for the 170 persons who dine on it.

The milk is the better kind of London milk; about equal to good skim-milk in the country. The expense of the dinner is as follows:—24lbs. of rice, 5*s.*; 6lbs. of treacle, 2*s.*; and 18 gallons of milk, 12*s.*; † the total for 170 persons being 19*s.*, or rather more than five farthings per head. The saving to the Hospital, by this use of rice during the year, was something more than £200; and the national saving in the consumption of flour, from that circumstance only, during the same period of scarcity, being one year ending July, 1796, appears to be nearly 17,472lbs. weight of flour.

Observations.—From this account it will appear, how much benefit, as well national as individual, may be derived from the general use of rice. There is hardly any way in which it can be stewed down, either with bacon and seasoning, or

* In order to ascertain correctly the comparative weight of the materials in their liquid state, with that of the pudding after it is baked, the weight has been carefully taken several times. The amount has not always been *precisely* the same, but the average is nearly as follows:—

Weight of 18 gallons of milk, being about 11b. 3oz. the pint	171lbs.
24lbs. of rice	24lbs.
6lbs. of treacle	6lbs.
Total of the ingredients	201lbs.
Average weight of the rice pudding in a solid state	180lbs.
Average waste in dressing	21lbs.

† Where skim-milk, as in the country, may be had at 2*d.* a gallon, the price of this dinner would hardly exceed a half-penny per head.

with meat, or with cheese, in which it will not make a cheap, pleasant, and nutritious dish: and it is particularly proper for, and palatable to, the aged, the infirm, and the young, who compose the greater part of the inhabitants of a poor house.

Rice contains a great deal of nutriment in a small compass, and does not pass so quickly off the stomach as some other substitutes for wheat flour do: it is a good ingredient in bread. Boil a quarter of a pound of rice till it is quite soft; then put it on the back part of a sieve to drain it; and when it is cold mix it with three-quarters of a pound of flour, a tea-cupful of yeast, a tea-cupful of milk, and a small table-spoonful of salt. Let it stand for three hours; then knead it up, and roll it in about a handful of flour, so as to make the outside dry enough to put into the oven. About an hour and a quarter will bake it; and it will produce one pound fourteen ounces of very good white bread. It should not be eaten till it is two days old.

It is to be observed that the Carolina rice bakes well without any preparation; but that the East India rice, though adapted for boiling or stewing, does not in general answer for baking, without being previously prepared, by soaking for a day or two in cold water. That the increase in bulk and weight is not entirely owing to the milk, may be proved by boiling a quarter of a pound of plain rice in a bag tied so loose as to be capable of holding five times the quantity. It will produce above a pound of solid rice pudding. But this is only to be observed of rice that is not ground; if it be ground, the produce is not so great.—*From the Report of the Society for Bettering the condition of the Poor.*—Vol. I.

Receipt, (from "*Cottage Comforts.*")—*Rice.* Three pounds boiled in a pudding-bag tied so loose that it would hold five pounds, will fill the bag, and turn out five pounds of solid pudding. This may be eaten with milk, and a little coarse sugar or treacle, and allspice. Some people stir in a piece of dripping or lard, and a little pepper or salt. This is a nourishing dish for a family.

How to cook Rice.

Put upon the fire a good sized covered pan, two-thirds full of water, take a quarter of a pound of Rice, and wash it thoroughly well in pure water, to free it from dust; when the pot boils, take off the lid, and as the water continues to boil, put the Rice in *gradually*, by which EVERY GRAIN will be SEPARATED and DONE ALIKE. The vessel to be then closely covered.

Patna Rice will require about twenty-five minutes' boiling; Carolina something less, but by taking a grain or two out of the pot, and trying it between your finger and thumb, you

will see whether it rubs *away*, which is the test. Then pour the Rice into a Cullender, and when drained, pour over it a cupful of *cold* water to stiffen it. This being done, put the Rice back into the pot, put on the lid and keep it warm on the hob and ready for use.

In India, the surplus water in which Rice has been boiled, is in general use in sick rooms and hospitals, prepared with acids or sugar, &c.

It is affirmed that Patna Rice contains much more nutriment than Carolina, and it is considerably cheaper.

Savoury Rice.—Put one pound of rice into three quarts of boiling water; let it remain for twenty minutes, then skim the water and add one ounce of hog's lard, or dripping, and a little salt, and let it simmer gently over the fire, closely covered for an hour and a quarter, when it will be fit for use. If it is to be kept, it should be set by in an earthen pan covered with a wooden cover. It will produce rather more than eight pounds of savoury rice.

This receipt was used by the late Bishop of Durham, in the counties of Durham and Oxford; and above 2,000 persons for some time partook of this savoury rice. Observe that in this and the other receipts, beer measure is used; a beer pint of water weighs rather better than a pound and a quarter.

Rice and Turnips.

Boil a quarter of a pound of Rice, in water, till soft. Boil some Turnips separately; when soft, press the water out, and thoroughly mash them. Mix the Rice and Turnips, adding some butter, lard, or dripping, with pepper and salt. For this dish one-third of Rice is required to two-thirds of Turnips.

Many of the people in the neighbourhood of Cloughjordan, use as a substitute for the potato, boiled turnips mixed with flour, which they seem to like very well, and recommend.—*Nenagh Guardian.*

Bread is also now made, with equal parts of Turnips and Wheaten Flour.

Bread.

Rice and Wheat Bread.—Simmer a pound of rice in two quarts of water till quite soft; when of a proper warmth, mix it thoroughly with four pounds of flour, four large spoonsful of yeast, and salt as usual; knead it particularly well and set it to rise before the fire; some of the flour should be reserved to make up the loaves. Thus eight pounds and a half of very good bread will be produced. If the rice should require more water, it must be added, as some rice swells more than others; give it plenty of time to simmer.

Scotch Barley.

Few things go farther than Scotch barley, that is, common barley with the husk taken off. Pearl barley is the same thing, only brought down to a smaller size. Scotch barley contains a great deal of nourishment, and is a very cheap food, but few people understand dressing it. Unless boiled at least four hours, it will be hard, and altogether fail. A very little salt pork or other meat boiled with it, makes a warm nourishing dish for a family, at half the price for which they could be fed on bread. It is good with milk, or with water, pepper and salt, or any kind of herbs.

Two pounds of Scotch barley (or rice) boiled in two gallons of water till reduced to one; add a little allspice, and sweeten with treacle and coarse sugar. This is a useful saving dish.

If to every quart of the pot liquor of boiled meat, an ounce of Scotch barley be added, and also an onion, turnip, or any vegetable, with sufficient pepper and salt, an additional meal might be obtained.

Beet Root.

Beet-root cannot be too much recommended to the notice of mankind as a cheap and salubrious substitute for the now failing and diseased potato. Hitherto the red kind has been only used in England as a pickle, or as a garnish for salad: even the few who dress it generally boil it, by which process the rich saccharine juice is in a great measure lost, and the root consequently rendered less nutritious by the quantity of water which it imbibes, as well as by parting with the native syrup of which it is thus forcibly deprived; it is therefore strongly recommended to bake instead of boiling them, when they will be found to afford a delicious and wholesome food. This is not an untried novelty, for both red and white Beet Root are extensively used on the Continent; in Italy, particularly, they are carried about hot from the oven twice a day, and sold publicly in the streets; thus they are purchased by all classes of people, and give to thousands, with bread, salt, pepper, and butter, a satisfactory meal.

Beet Root Bread.—A baker of Vienna has made a discovery, which, at the present moment, may prove of high importance—the use of Beet Root in making bread. Two loaves, one consisting of one half, the other of five-eighths Beet Root, the remainder being of Wheat flour, were sent for the inspection of the Minister of Agriculture and Commerce. The loaves were baked on the 30th October, and on the 20th November retained all the taste and appearance of good household bread. The bread is made in the usual manner, only with less water and a little more salt. The Beet Root must be grated at the moment of making use of it.

This bread has been successfully tried in Dublin and is excellent. When used raw, it slightly discolors the bread: a trial was also made of it when boiled, in which form the color of the bread remains nearly white, but is probably not so nutritious.

Beet Root, white or red, may be stewed. Let it be well washed and scraped, cut into convenient pieces, and then stewed until soft, with a *little water*, which will soon disappear from absorption and evaporation; after which, let the root remain on the fire, subject to a good heat, and add some seasoning for use. On the Continent it is frequently fried, and every preparation of it will be found palatable and wholesome,

Parsnips.

A specimen of bread, manufactured of oatmeal and parsnips, at the house of a Gentleman in this neighbourhood, has been forwarded to this Office. It is of a good quality, and decidedly palatable.—*Downpatrick Recorder.*

Last week a person connected with a large public establishment, went to Carlow to purchase parsnips, where they are grown pretty extensively, and the prices at which he could get them were £10 and £12 per ton; parsnips are excellent, wholesome, and substantial food. All good growers of this excellent vegetable, know that from 30 to 40 tons per acre are a very general crop on well prepared land; but say *half* the lowest produce, (30 tons,) at *half* the lowest price now demanded and obtained in Carlow, the value of such a crop would be £75 per acre.—*Farmers' Gazette, November*, 1846.

The parsnip requires a light rich soil, deeply trenched, and well manured. The time of sowing is February or March. The quantity of seed, and mode of cultivation, the same as the carrot. The parsnip is, however, stated to be superior to the carrot for fattening cattle, affording meat of the finest quality. The parsnip will withstand frost better than the carrot; and if the soil be dry, may be allowed to remain in the ground during the winter; but it is recommended to take up a portion when the leaves begin to decay, and store them for use. The remainder may be taken up in February, and if preserved in dry sand they will keep till April or May.

Time necessary for boiling Vegetables.

A young Cabbage will take about twenty minutes or half-an-hour; when *full grown* near an hour. Quarter them, if large; put them down in boiling water sufficient to cover them, with a large spoonful of salt, and boil them till the *stalks* feel tender. *Strong old Cabbages* are improved by changing them into fresh boiling water, when half-done.

Young Spring Carrots will be boiled in an hour. *Grown Carrots* must be sliced, and will take, from an hour and a half to two hours and a half. Pierce them with a fork to try whether they are done.

Parsnips require to be boiled from an hour to two hours, according to their size and freshness; slice them and let the parts be of equal size. When a fork can be easily passed through, they will be done.

Turnips, when full grown, will take about an hour and a half of gentle boiling. If large, slice them, and boil until they become tender. Before putting them down peel off the stringy outside.

Turnip Tops.—The shoots, which in the Spring grow out of the old Turnip Roots, will, if fresh and young, be done in about twenty minutes. Put them into cold water an hour before setting them on the fire, and the more water they are boiled in, the better. When the water boils put in a small handful of salt.

Beet Roots will take from an hour and a half to three hours in boiling, according to their size.—*Dr. Kitchiner.*

Cheap Food from Home Corn.

SUGGESTIONS BY A COUNTY MAGISTRATE, 4TH OCTOBER, 1846.

As there is at present such an outcry about Food all over the country, perhaps I may be excused for taking the liberty of mentioning to you a course which I, and I believe many others, adopted last summer, for providing Cheap Food for our Labourers,—*i. e.* purchasing corn in the market and getting it ground at the Grist Mills. To show how cheap, Food can thus be had, I may state, that on last Thursday, (1st October,) our market day, I bought two loads of very good barley for 15*s.* 6*d.* a barrel, of 16 stone. This I had delivered by the vender at a Grist Mill near this town, where it will be kiln-dried, shelled, ground, and sifted, for 1½*d.* a stone, or 2*s.* the barrel, which makes the cost 17*s.* 6*d.* per barrel, and the barrel of grain will produce about 14 stone of excellent meal, which I thus have, and give to my men for 1*s.* 3*d.* a stone, the cost price, all expenses included. Though barley is not at present much used as a bread corn, we have the evidence of the Old and New Testament that it was used as such in Palestine—as in II. Kings, chap. 4, v. 42—"And there came a man, &c., and brought the man of God, bread of the first fruits, twenty loaves of barley," &c., and also in the miracle of the five barley loaves and two fishes—John, chap. 6, v. 9. So we know, the Gladiators in ancient Rome were called "Hordearii," or barley eaters, being fed with that grain, as

the most conducive to strength. I may observe, too, that Mr. Johnson, the chemist, states that one pound of barley meal is equal, in point of nutriment, to 4½lbs. of the best potatoes, which makes our barley meal at 1*s.* 3*d.* a stone, about equal to potatoes at 3*d.* per stone. Mixed with whole meal, in the proportion of two or three stones of barley meal to one stone of whole meal, as I sometimes give it to my men, it is also an excellent food.

Bere is a still preferable grain, as food, and generally rates lower than barley, though at present it exceeds it in price, being so much sought after for seed, as it is, by some weeks, the earliest grain usually reaped in Ireland.

I may further observe, that I occasionally grind oats and inferior wheat for my men. Oats in our market, on Thursday last, averaged 1*s.* a stone, which is ground, &c., for 1½*d.* a stone, (20*s.* a ton,) and produces, generally, about one cwt. of meal per barrel of 12 stone. Thus we have oatmeal at 13*s.* 6*d.* per cwt., or £13 10*s.* per ton, while it is retailed at all the meal shops of the town at 2*s.* 6*d.* a stone, or £20 a ton, and even higher. The oats this year are generally inferior, and, of course, give a somewhat less return of meal.

By grinding the inferior *wheats*, say now worth 24*s.* or 25*s.* a barrel, whole meal (better than what is usually sold by millers, as none of the flour would be taken out of it), could be sold for about 1*s.* 6*d.* a stone, instead of 2*s.* 4*d.*, the present retail price in our town. *

I do not presume to say whether it would be advisable for the Government to direct the Relief Committees throughout Ireland, thus to provide food for their several localities;—nor do I know whether other markets are as favourable for such an operation as our own; but certainly if they are, and if there be no political objection to the plan, a vast quantity of good food might be thus supplied to the people at far lower prices than they can purchase food for at present from retail shops.

Brown Bread for a Penny per lb.,

FROM THE WHOLE MEAL OF WHEAT, AT 54*s.* PER QUARTER, OR 31*s.* 6*d.* PER BARREL.—OCTOBER, 1846.

One quarter, or 480 lbs. of wheat, same as the "Susanna's" cargo at Cork,† was prepared by my farmer, being placed on

* "Two quarts of wheat boiled in water, will give a meal to twelve in family. A family consisting of that number in Cloughjordan, frequently make use of it."—*Nenagh Paper.*

† Hard Spanish wheat, which the owner could not dispose of at 53*s.*, whilst the same description of wheat in Gloucester, Liverpool, and Hull, was sold at 55*s.* The prices named include the duty. Taking the price at ¼th higher, wholemeal may be provided at 1*s.* 9*d.* per stone, first cost; and this quantity of hard grain, managed in the way stated, will produce 21lbs. of Bread.

a clean flagged floor, and sprinkled with water to the extent of nearly two gallons, turned over, or moved about twice, by a fine rack; after a day and two nights, it was gathered into one heap, remained three days longer, and then was in a proper state to grind, as the greater part was hard wheat, mixed with some soft. In this process it gained 39¼ lbs.,—or 480 lbs. was increased to 519¼,—when it came from the mill, all ground together, it had lost 9 lbs., it was therefore reduced to 510¼ lbs. My housekeeper baked yesterday, and fearing she might have made a mistake, has each day made more than 6 lbs. of brown bread out of 4 lbs. of flour. I now refer you to the calculation of cost, &c.:—

1 Quarter, or 480 lbs. of wheat made by preparation for the mill into -	519¼ lbs.
Received from the mill in brown flour, -	510 lbs.

510 lbs. brown flour will produce 765 lbs. of bread, if 4 lbs. of flour produce 6 lbs. of bread.

Cost of wheat, &c., - -	54*s.*
Grinding, - - -	2*s.*
	56*s.*

765 lbs. bread, if sold at 1*d.* per lb., gives 63*s.* 9*d.*, leaving for the baker 7*s.* 9*d.* for his trouble and fire, which is more than it costs. Can there be a famine all over Ireland, when this—the brown bread, might be sold at 1*d.* per lb.? I have taken the price at 54*s.*, but my Agent states that he cannot obtain 53*s.*

Drogheda Brown Bread.

The working population in *Drogheda* and its vicinity, use brown bread, made principally of whole wheaten meal fermented with leaven or barm. They buy it ready for use, or buy the meal and pay Three Pence *per stone* for making and baking the bread, which employs a number of women who have provided ovens for this purpose, and bake with leaven.

At present (1st December, 1846,) whole wheaten meal is sold in Drogheda at 1*s.* 8*d.* to 2*s.* per stone. The meal at 1*s.* 8*d.* with the baking will cost 1*s.* 11*d.*; and for this there are 18lbs. of Bread, being about 1¼*d.* per lb. The retail price of Bakers' brown bread in the town, is now 1½*d.* per lb.

The leaven may be obtained by buying the dough when ready for the oven; 1½lb. will ferment a stone of meal; and it can be kept for a week. In this way the use of leaven may be easily extended; and the potato pot can be used as an oven, by placing the loaf of dough on a heated stone, and turning down the pot over it, which should then be covered with as much turf as will keep it at an oven heat.

Cheap Bread.

Take from the flour the coarsest flake bran; boil five pounds of this bran in rather more than four gallons of water, so that, when quite smooth, you will have three gallons and three-quarters of bran water; with this knead fifty-six pounds of flour, and add yeast and salt as for other bread. Thus, fifty-six pounds of flour will produce as much bread as sixty-seven pounds four ounces of flour used with plain water; and when ten days old, if put into the oven for twenty minutes, will appear quite new again.

Peas Bread.

An excellent bread is made by adding Wheat Bran to the Meal of Peas, as it would be added to flour.

The meal and bran should be equal parts, but the bran should be ground fine. This bread has been tried in Dublin and found very palatable, and about the color of common brown bread.

On Peas bought wholesale, there is a good profit; and very good Peas can be bought in England, for only two or three shillings per sack more than those commonly bought for pigs.

Home-made Barm.

Persons who are in the habit of making their own bread, can easily manufacture their own yeast, by attending to the following directions:—boil 1lb. of good flour, $\frac{1}{4}$lb. of brown sugar, and a little salt, in 2 gallons of water, for an hour; when milk warm bottle it, cork it close, and it will be fit for use in twenty-four hours. One pound of this yeast will make 18lbs. of bread.

Rye.

Rye is much used for bread in all parts of the Continent of Europe, and in Wales, and some parts of England and Scotland; and it is also mixed with wheat flour for that purpose. It is likewise much used by Distillers, and is roasted and used as a substitute for Coffee, in considerable quantities, by the Poorer Classes.

Rye is not much cultivated in Ireland, although it produces good crops on indifferent soils, on which wheat would be an uncertain crop. Rye does well on thin soils and reclaimed bogs or moors; and its cultivation would therefore seem to be desirable under the circumstances existing in this country. It is, however, necessary that the soil should be well worked, and kept in good tilth, and free from weeds.

Rye is sometimes sown in Autumn, and sometimes in Spring. It is particularly useful for sowing with Winter

Vetches, the Rye acting as a support to the Vetch, and the mixture affords excellent Spring feeding. A bushel to the acre is the usual quantity sown in this way. It is sometimes sown on stubble, after one ploughing and harrowing, for green feeding for lambs and ewes in February or March; and this practice, on light gravelly or sandy soils, will serve to improve them greatly.

Buck Wheat.

The flour of this Wheat is now selling wholesale in Dublin at *Ten* shillings per *cwt.*

"*Buck Wheat* has been cultivated in England, from the "latter part of the Sixteenth Century. Its native country "is unknown, but supposed to be Asia. Beckmann has a very "learned dissertation on its introduction and early culture in "Europe. (*Hist. of Invent. vol.* 1.) *It will grow on the "poorest soils.* It may be cut when young and green and "employed as food for cattle."—*M^cCulloch's Commercial Dictionary.*

"In this part of France the labouring population make a "daily food of it, in thin soft cakes or boiled."—*Letter from Nantes,* 10*th November*, 1846.

Throughout the North American States Buck Wheat flour is used; and the wealthier classes are provided with cakes made of it, which form part of their breakfast luxuries.

Commissariat Relief Office,

Dublin Castle,

12*th December*, 1846,

By Authority—Alexander Thom, 87, Abbey-street, Dublin.